



# SPICY CAULIFLOWER WITH ZA'ATAR TAHINI

*roasted mushrooms, snap peas, pearl couscous, feta, almonds*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
750

**MENU**  
VEGETARIAN // MEDITERRANEAN

Our za'atar-spiced tahini sauce is nutty, citrusy, creamy—and the perfect complement to spicy roasted cauliflower. In this veggie-packed dish, the florets are served over a bed of tender pearl couscous studded with tangy feta and crunchy almonds. A side of roasted cremini mushrooms and crisp-tender sautéed snap peas completes the nourishing 30-minute meal.

## INGREDIENTS (9 ITEMS)

- ½ cup **Toasted pearl couscous** <sup>W</sup>
- 9¾ oz **Cauliflower**
- 4 oz **Cremini mushrooms**
- 4 oz **Snap peas**
- ½ oz **Sliced almonds** <sup>T</sup>
- 1 whole **Scallion**
- 1½ tsp **Spicy cumin-allspice blend**
- 2 oz **Feta cheese** <sup>M</sup>
- 1¾ oz **Za'atar-spiced tahini sauce with olive oil** <sup>T</sup>

## WHAT YOU'LL NEED

- small pot
- medium sauté pan
- 2 baking sheets
- medium bowl
- measuring cup & spoons
- oven mitt
- cooking & olive oils
- salt & pepper

## ALLERGENS

- <sup>W</sup> WHEAT
- <sup>T</sup> TREE NUTS (almonds, coconut)
- <sup>M</sup> MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 START COUSCOUS

- Preheat oven to 425 degrees.
- Bring 1¼ cups water and ¼ teaspoon salt to a boil in a small pot. Once boiling, stir in **toasted pearl couscous**. Reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and water has absorbed.
- Remove from heat. Drizzle with 1 tablespoon olive oil. Stir to coat. (You'll finish the couscous in Step 6.)

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 PREP

- Cut **cauliflower** into bite-size pieces if necessary.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Halve or quarter **mushrooms**, depending on size.
- Remove any fibrous strings from **snap peas**. \* Halve widthwise at an angle.
- Roughly chop **sliced almonds**.
- Trim and thinly slice **scallion**.

\*To quickly prep, firmly pinch one end of a snap pea and pull downward to remove the fibrous string.

## 3 SEASON & ROAST CAULIFLOWER

- Place **cauliflower** in a medium bowl. Drizzle with 1½ tablespoons cooking oil. Season with **spicy cumin-allspice blend** and ¼ teaspoon salt. Stir to coat.
- Spread **cauliflower** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18-20 minutes, or until fork-tender, stirring halfway through.

## 4 SEASON & ROAST MUSHROOMS

- Place **mushrooms** in bowl used for cauliflower. Drizzle with 2 tablespoons cooking oil. Lightly season with salt and pepper. Stir to coat.
- Spread **mushrooms** out in a single layer on a second lightly oiled, foil-lined baking sheet. Roast 10-12 minutes, or until tender and lightly browned, stirring halfway through.

## 5 COOK SNAP PEAS

- Heat 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **snap peas** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until snap peas begin to soften, stirring occasionally.

## 6 FINISH COUSCOUS

- Add **feta cheese**, **almonds**, and about 1 tablespoon **za'atar-spiced tahini sauce with olive oil** to pot with **couscous**. Stir to combine. Season with salt and pepper to taste.

## 7 PLATE YOUR DISH

- Divide **couscous** between plates. Top with **spicy cauliflower**. Drizzle with remaining **za'atar-spiced tahini sauce**. Pile **roasted mushrooms** and **snap peas** on the side. Garnish with **scallion**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (396g)

Amount per serving

**Calories** 750

	% Daily Value*
<b>Total Fat</b> 55g	71%
Saturated Fat 11g	55%
Trans Fat 0g	
<b>Cholesterol</b> 25mg	8%
<b>Sodium</b> 1340mg	58%
<b>Total Carbohydrate</b> 47g	17%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 18g	
Vitamin D 0mcg	0%
Calcium 243mg	20%
Iron 4mg	20%
Potassium 802mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Cauliflower, Cremini Mushrooms, Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Almonds** [almonds], **Scallions, Snap Peas, Spicy Cumin-Allspice Blend** (Ground Cumin, Granulated Garlic, Onion Powder, Ground Coriander, Ground Cayenne Pepper, Allspice [pimento]), **Za'atar Tahini Sauce** (Tahini Sauce [sesame seeds], Lemon Juice [lemon], Red Wine Vinegar [aged red wine vinegar], Olive Oil [olive oil], Garlic, Za'atar Seasoning [hulled sesame seed, ground sumac, sea salt, thyme, summer savory, marjoram], Sea Salt, Water, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Ascorbic Acid [ascorbic acid])

### Allergen information:

Contains Tree Nuts, Milk And Wheat

*Allergens may be reflected in pantry items listed in the "What You'll Need" section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*